



RURAL DISTRICT COUNCIL

OF

ABERAYRON  
CARDIGANSHIRE.



PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT

1953

MEDICAL OFFICER OF HEALTH

I. Morgan Watkins, Ph.D.(Lond.), M.Sc., M.B.,  
B.Ch., D.P.H. (Wales).

SANITARY INSPECTOR

Dyfrig O. Davies, Cert. S.I.B.



To the Chairman and Members of the  
Aberayron Rural District Council.

It gives me pleasure to present to you the Annual Report of the Health Department for the year ended December 31st, 1953.

The number of deaths registered during 1953 was 135 - 10 fewer than in 1952 and twenty four fewer than in 1951. If a similar reduction should occur annually for the next thirteen years, we would be faced with a position when no deaths would be occurring in the area!

The number of registered live births was 131 - an increase of three over the previous year. No mother died as a result of childbirth, but one infant was stillborn and three infants died before reaching the age of a twelvemonth.

There was a marked reduction in the number of notified infectious diseases other than tuberculosis. This was largely due to the measles outbreak of 1952 having come to an end. During the year, however, an outbreak of paratyphoid occurred in the Llanarth area, a more detailed account of which will be given later.

Eight new cases of tuberculosis, all but one of the pulmonary type, were notified during the year. This is an increase of one on the previous year.

A more detailed commentary on various aspects of the public health appears in the ensuing pages.



SUMMARY OF GENERAL AND VITAL STATISTICS

Area in acres .. .. .	97,810
Population (Census 1931) .. .. .	10,125
Population (Mid-Year 1952) .. .. .	9,285
" ( " " 1953) .. .. .	9,346
Rateable value at 1st April, 1952 .. .. .	£17,188
" " " " 1953 .. .. .	£17,408
Sum represented by a penny rate 1952/53 . .. .	£70

	<u>Total</u>	<u>Male</u>	<u>Female</u>
Number of registered live births (Leg.	120	61	59
(Illeg.	11	8	3
Number of registered stillbirths (Leg.	1	1	-
(Illeg.	-	-	-
Number of deaths	135	71	64
Number of deaths of women ascribed to childbirth	Nil		
Number of deaths of infants under 1 year	3	2	1
Number of deaths of infants under 1 month	2	2	-



Number of deaths

Registrar General's

Causes of Death

Code Number

Male      Female      Total

1	Tuberculosis, respiratory	2	-	2
2	Tuberculosis, other	-	-	-
3	Syphilitic disease	-	-	-
4	Diphtheria	-	-	-
5	Whooping cough	-	-	-
6	Meningococcal infections	-	-	-
7	Acute poliomyelitis	-	-	-
8	Measles	-	-	-
9	Other infective and parasitic diseases	1	-	1
10	Malignant neoplasm, stomach	4	1	5
11	Malignant neoplasm lung, bronchus	-	-	-
12	Malignant neoplasm, breast	-	-	-
13	Malignant neoplasm, uterus	-	-	-
14	Other malignant & lymphatic neoplasms	5	5	10
15	Leukaemia, aleukaemia	-	-	-
16	Diabetes	-	-	-
17	Vascular lesions of nervous system	10	13	23
18	Coronary disease, angina	7	5	12
19	Hypertension with heart disease	1	-	1
20	Other heart disease	14	17	31
21	Other circulatory disease	1	3	4
22	Influenza	-	-	-
23	Pneumonia	2	5	7
24	Bronchitis	3	1	4
25	Other diseases of respiratory system	2	2	4
26	Ulcer of stomach and duodenum	2	-	2
27	Gastritis, enteritis and diarrhoea	-	-	-
28	Nephritis and nephrosis	3	3	6
29	Hyperplasia of prostate	7	0	4
30	Pregnancy, childbirth, abortion	-	-	-
31	Congenital malformations	1	-	1
32	Other defined and ill-defined diseases	4	7	11
33	Motor vehicle accidents	1	-	1
34	All other accidents	-	1	1
35	Suicide	4	1	5
36	Homicide and operations of war	-	-	-
Totals		71	64	135





General Provisions of Health Services in the Area.

These are essentially the same as in 1952. They are as follows:-

- (a) No ante-natal or post-natal clinic is held in the area. Expectant mothers receive advice from their own medical practitioners.
- (b) Infant welfare clinics are held fortnightly at Aberayron, Lampeter and New Quay.
- (c) The domiciliary midwifery service is carried out by the district nurses who are also state registered nurses.
- (d) The health visitors who cover the area are stationed at Cross Inn, Lampeter, Llandyssul and New Quay.
- (e) The area is covered by district nurses stationed at Aberayron, Cross Inn, Lampeter (2), Llanarth, Llanrhystyd, Llanwenog, Felinfach, New Quay and Fennant.
- (f) Vaccination is carried out by the person's own medical attendant but immunisation against diphtheria is performed partly by the former and partly by medical officers of the local health authority.
- (g) No ambulance is stationed in the area of the local authority. The Rural District is served by ambulances stationed at Lampeter and New Quay.
- (h) Arrangements for the prevention of illness consist in periodic talks and advice given by the staff of the local health authority.

Care and after care is in the hands of the health visitor and the district nurse. Tuberculosis cases are also followed up by the Chest Physician's health visitor.

- (i) Domestic help is provided by suitable persons engaged locally.
- (j) The town of Aberystwyth is the centre upon which the principal general hospital in the county, the infectious diseases' hospital, the maternity home and the Medical Research Council's Area Public Health Laboratory are based.



# INFECTIOUS DISEASES

The following is a list of the notifications of infectious disease, other than tuberculosis, received during the year.

[illegible]



Infectious Diseases Contd.

In the early part of June a child living at a farm on the outskirts of Llanarth was found to be suffering from paratyphoid. Enquiry at the farm elicited that a man had also suffered from similar symptoms some days previously but was now back at work milking cows. The persons in charge of the child refused to allow it to be removed to an Isolation Hospital. Immediate arrangements were made with the Milk Marketing Board at Felinfach for the pasteurisation of milk collected from this farm. Meanwhile a notice was served upon the man requiring him to submit himself to a medical examination to ascertain whether or not he was a carrier. The report revealed him to be a carrier of paratyphoid.

The precautions taken to prevent the spread of infection by those nursing the child were not to my satisfaction. Confirmation of this view was obtained when mice caught in the house were also found to be infected with paratyphoid. It appeared, therefore, that mice were gaining access to contaminated faeces and, thereafter, were roaming around the pantry. Further representations were made to the persons in charge of the child to have it removed to hospital but these were again met with firm refusal.

The man who had turned out to be a carrier was served with a notice prohibiting him from milking cows or handling milk in any form. Whilst I had no reason to suspect that he would not abide by this notice, I had, on the other hand, no guarantee that he would. In view of the seriousness of the situation - by now another child from Llanarth village had fallen seriously ill with paratyphoid and a further child from an outlying farm was also found to have the disease - it was decided that every possible measure be taken to prevent the spread of infection. The authority of the Council was obtained to apply to a Justice of the Peace for an order for the compulsory removal to hospital of the original child. This was granted and the child was removed to Tanybwlech hospital. The carrier was given the option of entering hospital or of having his sale of milk prohibited. He chose the former course.

Numerous enquiries were made to ascertain the source of infection and suspicion fell upon a bakery outside Llanarth and a milk retailer near Llanarth. Employees of the bakery were examined and following the receipt of laboratory results some were prevented from handling food until they could be given a clean bill of health. The milk retailer was found to have a history of a typhoid - paratyphoid in the last war and he was also prevented from handling milk.

The same difficulty was encountered in these investigations in Cardiganshire as were met in South Wales in the previous year when over 500 cases of paratyphoid occurred. Despite the combined efforts of various authorities in South Wales assisted by experts from the Ministry of Health the source of the outbreak was not definitely established. Likewise in the Llanarth outbreak it became impossible to make out who were the culprits and who were the victims.

It is gratifying to note, however, that the outbreak came to an end and that no death was recorded.











SECTION 47 OF THE NATIONAL ASSISTANCE ACT, 1948.

In only one case was it found necessary to apply for the compulsory removal to hospital or a Welfare Home during the year.

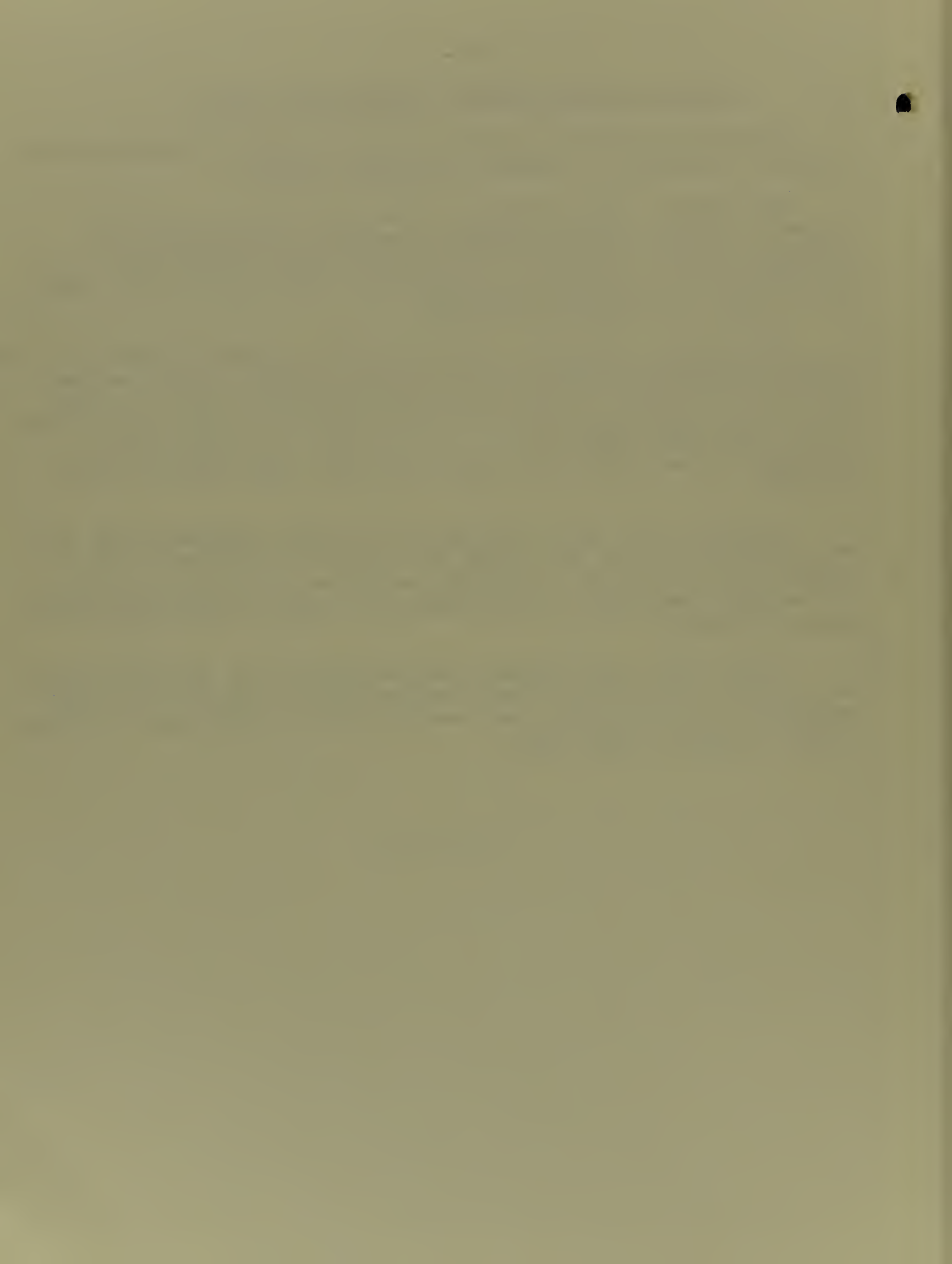
The patient, a lady of 80, was found to be living in a tent on Cilcennin Common. Her bed appeared to consist of an assortment of margarine boxes. The wind and rain blew in through the tent and, as it was February, the conditions were deplorable. The lady had had a stroke and one side was completely paralysed.

For food she attempted to swallow a bowl of porridge provided by a man from a neighbouring caravan. As her face was partly paralysed and her swallowing affected, she could do no more than put her face to the bowl and try and lick the porridge much like a dog. There was no one to attend to her needs and, apart from the time when she was provided with the porridge, she was left to lie alone in the tent. She refused to enter hospital.

An urgency order under the National Assistance (Amendment Act, 1951, was obtained following the receipt by a Justice of the Peace of two medical certificates and the patient was removed to the Hospital Section of Bronglais immediately. At the expiry of 3 weeks the lady consented to stay at Bronglais.

A second case near Cilcennin was investigated and, after the arrival of a sister, the house was cleaned and the animals such as calves which appeared to be kept in the house were placed in the outhouses. No further action was taken in this case.

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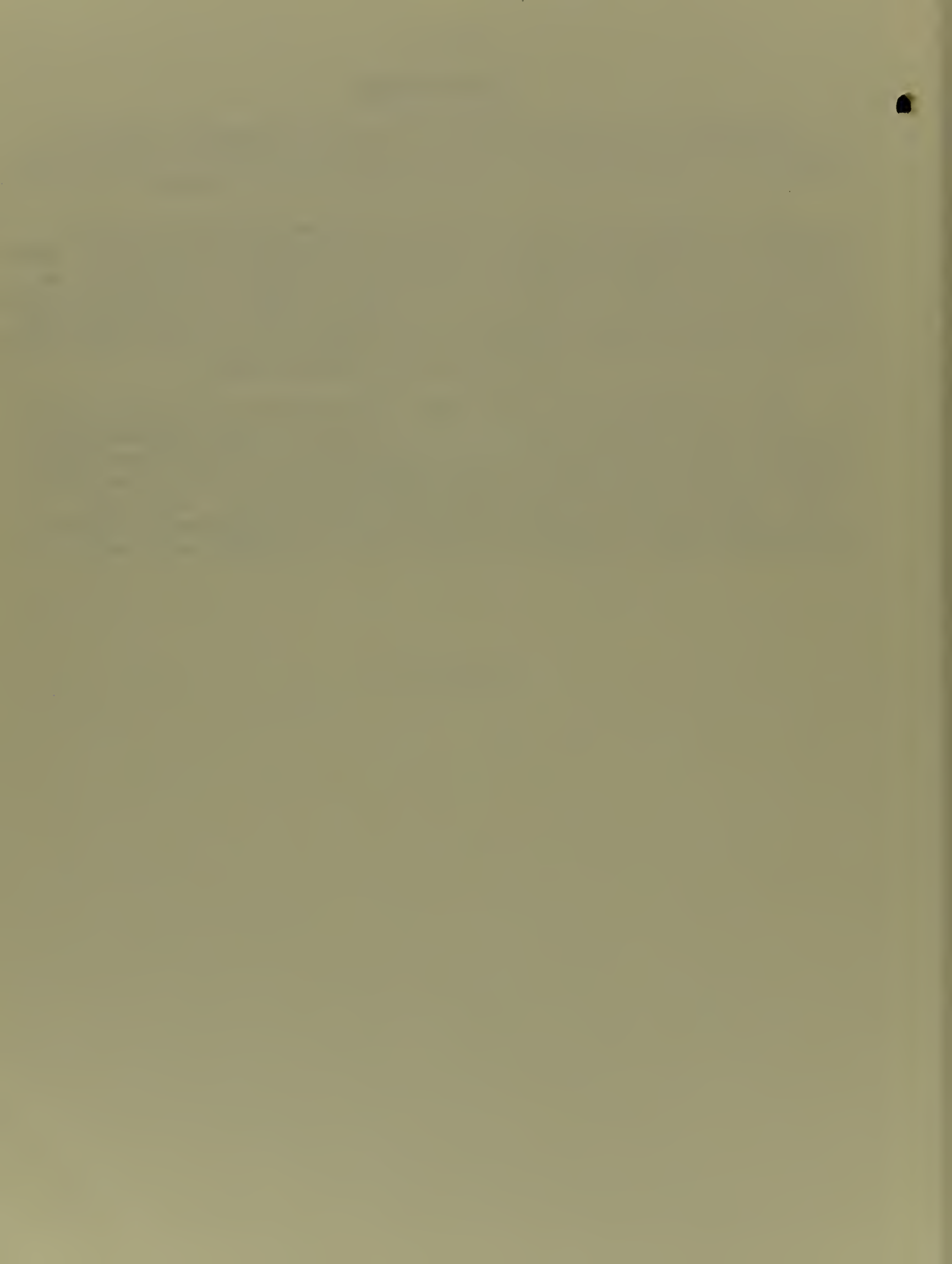
### WATER SUPPLIES

Vigilance was exercised over water supplies throughout the year. Contaminated supplies were investigated, but in no case did contamination prove to be human in origin. Remedial measures were advised.

Reports were prepared for submission to the Welsh Office of the Ministry of Housing and Local Government on numerous water schemes. These included the Llangybi scheme, the Ffynon Rhys scheme, the extensions to the Llanarth scheme at Cwmawr and the Plwmp and Synod Inn schemes. Among the places inspected with Inspectors or Medical Officers of the Ministry were the various villages proposed to be supplied by the Ffynon Rhys scheme, the existing Gorsgoch Housing Site Supply and Llyn Fanod.

When the Ffynon Rhys scheme comes into existence a very large gap in the Council's water undertakings will be filled. A long suffering area, however, still exists in and around Bethania and it is to be hoped that progress will be made with the Llyn Fanod scheme in the very near future. Vague promises of the Utopia which awaits them when the Teifi Lakes scheme comes about are little consolation to the inhabitants of Bethania who have to carry on with little or no water for periods every year.

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SEWAGE DISPOSAL

There is much work ahead of the Council in this field as soon as the Chancellor of the Exchequer relaxes the purse strings. The first steps are, however, already being taken by augmenting water supplies. For without adequate supplies of water, sewerage schemes are impossible.

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GENERAL

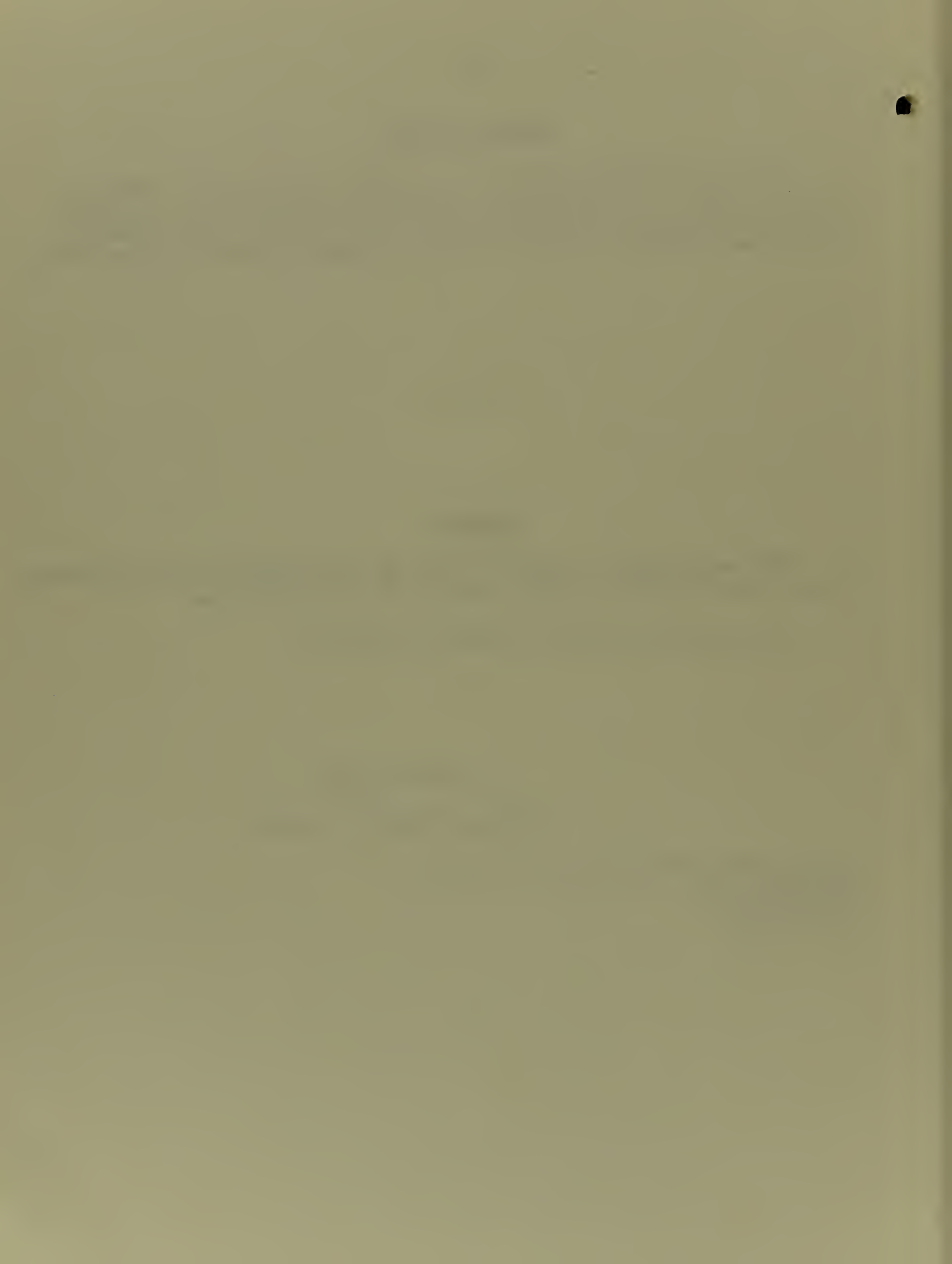
The Council will be glad to learn that the health of the inhabitants in its area continues, on the whole, to be extremely good.

The Sanitary Inspector's Report is appended.

I. MORGAN WATKIN

MEDICAL OFFICER OF HEALTH.

Cardiganshire Joint District Councils,  
Swyddfa'r Sir,  
ABERYSTWYTH.  
May, 1954.



ANNUAL REPORT OF THE SANITARY INSPECTOR

Mr. Chairman, Ladies and Gentlemen,

I have the honour to submit my report for the year ending 31st December, 1953.

1. Drainage and Sewerage.

The Talsarn Sewerage Scheme which was constructed in conjunction with the village Council Houses has been completed and, save for the provision of electricity for pumping, is ready to function. The Electricity Board has undertaken to bring the electric supply in 1954.

During 1953 twenty-one applications were granted for conversions from the conservancy to the water carriage system.

2. Refuse Collection and Disposal.

During the year the Council's lorry became almost fully engaged in the collection of house refuse. Villages at which collections were formerly made fortnightly are now visited once a week.

Unfortunately a small number of villagers still fail to appreciate the advantages of the Scheme and adhere to the deep rooted habit of throwing refuse into the rivers, which causes pollution as well as destroying the beauty of the rivers.

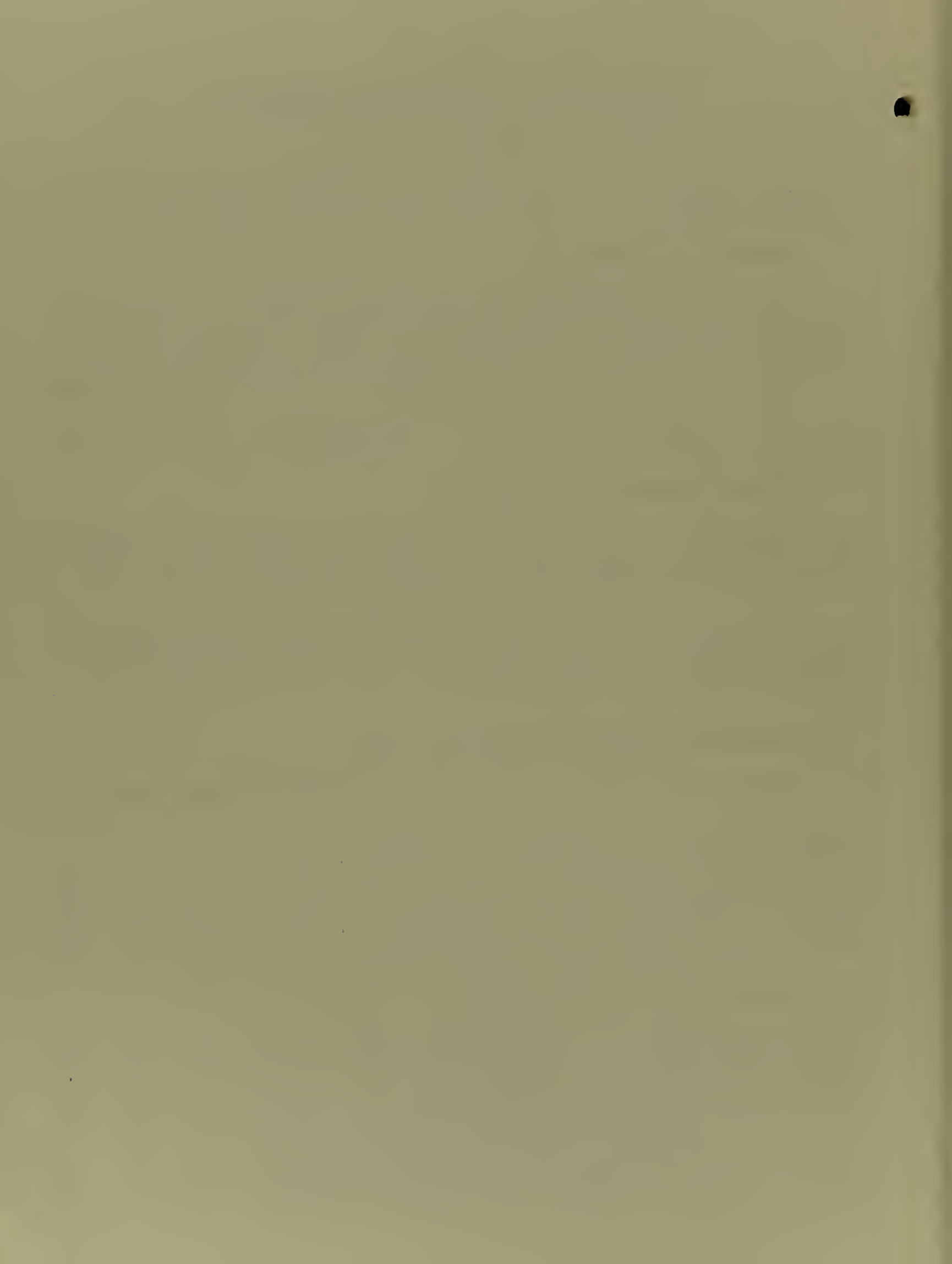
3. Prevention of Damage by Pests Act, 1949.

The summary of work carried out by the Council's Rodent Operator is as follows:-

Number of Private dwelling houses treated and cleared	
of Rodent Infestation ... ..	454
Number of inspections of Farms ... ..	340
Number of inspections of Refuse Tips ... ..	55
Number of treatments to Refuse Tips ... ..	20

4. Sanitary Inspection of the Area.

Number of inspections of dwelling houses ... ..	76
Number of inspections of milk rooms ... ..	14
Number of inspections of milk vehicles . ... ..	30
Number of inspections of meat shops ... ..	22
Number of inspections of restaurant kitchens ... ..	20
Number of inspections of places where ice cream is sold ... ..	30
Number of houses visited upon notification of infectious diseases	10
Number of houses disinfected after infectious diseases ... ..	4





Notices served under the Public Health Act, 1936.

Number of informal Notices served ... ..	20
Number of informal Notices complied with . . . . .	20
Number of Statutory Notices served .. . . .	1

H O U S I N G

5. (1) Inspection of Dwelling Houses.

Total number of dwellings inspected for housing defects  
(under the Public Health and Housing Acts) ... .. 32

(11) Remedy of defects without service of Formal Notices.

Number of dwelling houses rendered fit in consequence of  
informal action by the Local Authority or their Officers 20

(111) Action under Statutory Powers.

No proceedings were taken during 1953.

(1V) Estimated number of dwelling houses which in normal  
times be condemned. 20

(V) Housing Act, 1949. Improvement Grants

Three applications were received in 1953 for Improvement Grants under the relevant Sections of the above-mentioned Act which are administered by the County Council. Grants were authorised in each case, particulars being as follows:-

<u>Applicant</u>	<u>House where improvement carried out</u>	<u>Total cost of Improvement</u>	<u>Grant Authorised</u>
Mr.T.J.Morris, Drefach, Cross Inn, Llandyssul.	Glannant, Cross Inn, Llandyssul.	£797. 14. 6.	£398. 7. 3.
Mr. R.E.Emms	Forest Hall, Llangybi.	£549. 5. 4.	£274. 12. 8.
Mr.D.E.J.Davies, Synod Villa, Synod Inn, Llandyssul.	Synod Villa, Synod Inn, Llandyssul.	£778. 5. 0.	£389. 2. 6.



Seventy houses were completed by the Council during the year and thirty-four were under construction on 31st December, 1953.

Six houses were erected by private enterprise during the year and six were under construction on 31st December, 1953.

## 6. Water Supply

During 1953 water supply schemes were completed for Cellan, Cross Inn, Llanon, Oakford and Llangybi.

A start was not made on the Ffynnonrhys Scheme but there was every prospect of commencement early in 1954.

Springs on the land of Cruglas, Synod Inn were harnessed in preparation for the supply of the Plwmp and Synod Inn District. The source showed every promise after carrying out protective works, yielding an abundant supply of wholesome water.

Applications for connecting premises to Council mains which were granted totalled one hundred and five.

Two hundred and seven samples were taken from private supplies and mains and submitted for bacteriological examination. The results of the reports are shown overleaf.

Regular inspections were carried out at the various sources and remedial measures taken where necessary.



REPORTS ON BACTERIOLOGICAL EXAMINATION OF SAMPLES

Water Supply Scheme	Highly Satisfactory	Satisfactory	Slight surface contamination	Heavy surface contamination	Unsatisfactory
Bwlchcastell, Cilcennin	23	-	1	-	-
Cellan	3	-	-	-	-
Cross Inn, Llanon	5	-	-	-	-
Nantmeddal, Llanarth	6	1	-	-	-
Llanfair Clydogau	5	-	1	-	-
Llanwnen	6	2	-	-	1
Trefilan	2	-	-	-	-
Ffynnonoer	7	-	1	-	-
Talgarreg	8	-	-	-	1
Cwmsychpant	5	-	-	-	-
Ciliau Aeron	5	-	1	-	1
Dihewyd	3	3	-	-	4
Mydroilyn	4	-	-	-	-
Llanon	10	4	2	-	-
Cribyn	6	-	-	-	-
Ffynnonberw	8	2	1	-	-
Llanfair Road	6	-	-	-	-
Cwrtnewydd	5	-	-	-	-
Pisgah	6	-	-	-	-
Alltyblacca	5	-	-	-	-



7. INSPECTION AND SUPERVISION OF FOOD

- (i) Byelaws which were made by the Council with respect to handling, wrapping and delivery of food came into operation on 20th April, 1953.
- (ii) Thirty inspections were made of premises where ice cream is sold. Six samples of ice cream were taken and found to be satisfactory.
- (iii) Twenty inspections of restaurants and kitchens were made.
- (iv) There are no premises within the district where food is prepared or manufactured to which Section 14(b) of the Food and Drugs Act, 1938 applies.
- (v) There are four Distributor's dairies in the district, 17 milk samples were submitted for test and found to be satisfactory.
- (vi) Articles of food which were examined and found to be unfit for human consumption were as follows:-

<u>Article of food</u>	<u>Weight</u>	<u>Cause of Condemnation</u>
Bacon	43 lbs.	Decomposition
Rice	84 lbs.	Weevils
Sago	6 lbs.	Weevils
Sausages	3½ lbs.	Precautionary measure during outbreak of infectious disease.
Canned Fruit	8lbs.10ozs.	Blown and perforated cans.

Disposal was by means of burying in refuse dumps.

DYFRIG O. DAVIES, Cert. S.I.B.

SANITARY INSPECTOR.

Council Offices,  
1, North Road,  
ABERAYRON.  
Cardiganshire.

